



LRC is looking for student input
Workshops being held so staff can hear the good, the bad and the ugly

NEWS

Spoke

Holy cow!

Canadian government to spend \$90 million on mid-size production

SEALING 10

Hockey right in Kitchener?

Consider hockey coach David Gossman, his NHL experience

SPORTS 10

Monday January 19, 2004

Coronag College, Kitchener

30th Year — Pg. 3



Photo by Alan Connell

Students at Coronag College had a flipping good time at the barbecue of residents.

Free food always draws a crowd 100 students attend rez barbecue

By JIM CONNELL

Students enjoyed a evening as they ate free buffet food that was prepared and served at the Coronag College's first rez year's barbecue on Jan. 8.

The Coronag College's first rez year's barbecue was held at the school's first rez year's barbecue on Jan. 8.

Approximately 100 students attended the event, which was held at the school's first rez year's barbecue on Jan. 8.

The barbecue was previously scheduled as a special event to pay back money that would be donated to Coronag College.

Students of the school had a great time at the event, which was held at the school's first rez year's barbecue on Jan. 8.

CSA's Minister of Health was giving plans to the students, as the Minister of Health was giving plans to the students.

Students enjoyed a evening as they ate free buffet food that was prepared and served at the Coronag College's first rez year's barbecue on Jan. 8.

Approximately 100 students attended the event, which was held at the school's first rez year's barbecue on Jan. 8.

The barbecue was previously scheduled as a special event to pay back money that would be donated to Coronag College.

Students of the school had a great time at the event, which was held at the school's first rez year's barbecue on Jan. 8.

High school purchase awaits appraiser report

By JASON MULLIGAN

Coronag College is looking to buy a new building in Waterloo.

The college is currently in possession of the building and is looking to buy a new building in Waterloo.

The high school is looking to buy a new building in Waterloo.

Coronag College is looking to buy a new building in Waterloo.

The school is currently in possession of the building and is looking to buy a new building in Waterloo.

Coronag College is looking to buy a new building in Waterloo.

The school is currently in possession of the building and is looking to buy a new building in Waterloo.

Coronag College is looking to buy a new building in Waterloo.

The school is currently in possession of the building and is looking to buy a new building in Waterloo.

about the value of the 100 Coronag Ave. S. high school campus that is the site of the present Waterloo campus of 111 King St. S.

The appraiser should have the report ready by the end of January.

There is a lot of interest in the school's purchase of the Waterloo campus.

"The purchase of the Waterloo campus is a big step for the school," said Mulligan.

"The purchase of the Waterloo campus is a big step for the school," said Mulligan.

"The purchase of the Waterloo campus is a big step for the school," said Mulligan.

"The purchase of the Waterloo campus is a big step for the school," said Mulligan.

"The purchase of the Waterloo campus is a big step for the school," said Mulligan.

"The purchase of the Waterloo campus is a big step for the school," said Mulligan.



Photo by Jason Mulligan

University Heights secondary school in Waterloo could issue the Waterloo campus of Coronag College. The college is looking to buy a new building in Waterloo.

Students hope for frosh

By STEVEN MARTIN

Fresh week is no ordinary week at the school of students. It is a week for freshmen students to get involved in the school right from the beginning, and meet some great people.

Most freshmen will come with a lot of friends, but some will come with a lot of questions.

Usually they come at the same time, and they are all looking for the same thing: a place to belong. They are looking for a place to belong, and they are looking for a place to belong.

The school is full of students, and they are all looking for a place to belong. They are looking for a place to belong, and they are looking for a place to belong.

Conestoga College does a lot of things to help freshmen students. They have a lot of things to help freshmen students, and they are looking for a place to belong.

Mark Gajda is a first year student at Conestoga College. He is looking for a place to belong, and he is looking for a place to belong.

the college does a lot of things to help freshmen students. They have a lot of things to help freshmen students, and they are looking for a place to belong.

Usually they come at the same time, and they are all looking for the same thing: a place to belong. They are looking for a place to belong, and they are looking for a place to belong.

The school is full of students, and they are all looking for a place to belong. They are looking for a place to belong, and they are looking for a place to belong.

Conestoga College does a lot of things to help freshmen students. They have a lot of things to help freshmen students, and they are looking for a place to belong.

Mark Gajda is a first year student at Conestoga College. He is looking for a place to belong, and he is looking for a place to belong.

the college does a lot of things to help freshmen students. They have a lot of things to help freshmen students, and they are looking for a place to belong.

Usually they come at the same time, and they are all looking for the same thing: a place to belong. They are looking for a place to belong, and they are looking for a place to belong.

The school is full of students, and they are all looking for a place to belong. They are looking for a place to belong, and they are looking for a place to belong.

Conestoga College does a lot of things to help freshmen students. They have a lot of things to help freshmen students, and they are looking for a place to belong.

Mark Gajda is a first year student at Conestoga College. He is looking for a place to belong, and he is looking for a place to belong.

get an idea of what it's like to be a freshman. They are looking for a place to belong, and they are looking for a place to belong.

Usually they come at the same time, and they are all looking for the same thing: a place to belong. They are looking for a place to belong, and they are looking for a place to belong.

The school is full of students, and they are all looking for a place to belong. They are looking for a place to belong, and they are looking for a place to belong.

Conestoga College does a lot of things to help freshmen students. They have a lot of things to help freshmen students, and they are looking for a place to belong.

Mark Gajda is a first year student at Conestoga College. He is looking for a place to belong, and he is looking for a place to belong.

the college does a lot of things to help freshmen students. They have a lot of things to help freshmen students, and they are looking for a place to belong.

Usually they come at the same time, and they are all looking for the same thing: a place to belong. They are looking for a place to belong, and they are looking for a place to belong.

The school is full of students, and they are all looking for a place to belong. They are looking for a place to belong, and they are looking for a place to belong.

Conestoga College does a lot of things to help freshmen students. They have a lot of things to help freshmen students, and they are looking for a place to belong.

Mark Gajda is a first year student at Conestoga College. He is looking for a place to belong, and he is looking for a place to belong.



Photo by Jennifer Johnson

Push for help

This emergency button located in parking Lot 1 at Conestoga College, connects directly to security. It was recently installed along with two other buttons near lots 11 and 12 and lots 8 and 9.

Looking for Work?

Whether you are in your final year of academic studies and looking for a Co-op position, or seeking summer employment, Job Fair has something for everyone! Plan to attend and take start your full-time or part-time job search!

February 4, 2004
10:00 a.m. - 3:30 p.m.
RIM Park Waterloo

Companies registered to date:

A & I Restoration
Canadian Food Inspection Agency
Earth Tech Inc
Accountemps
Canadian Forces Recruiting Centre
Family & Children's Services
Acad-Link Child Centres Inc
Casio Inc.
Waterloo Region
ADP Canada
Cano-Rugers
Family, Youth & Child Services
AEON Corporation
Children's Aid Society of Hamilton
Muskoka Region
AORICORP
Christine Horvath
General Mills
Agrius Inc.
Cinco
Gardner-Arnest/Steel Corporate
ATI Automation Testing Systems
Oxlink Corporation
-Cambridge division
Business Objects
Cold Springs Farms

Growthmark Inc
CACBE
Conestoga Rivers and Associates
Husky Injection Molding Systems
Camp Kwik
Conventional Services Recruitment Unit
ING Canada
Camp Tulliam
DALSA Corporation
JMP Engineering
Caring Ways
Deloitte & Touche
Kaiting Educational Tours
Canada Customs & Revenue Agency
Descent Cdn & Truck Rentals
Kelly Consulting Resources
Kenton-Patterson Child & Family Services
Primavera Financial Services
Lectra Education Services
Peer Resource Group
Lubliner Corporation
RBC Insurance
L'Arche Daybreak
Regional of Waterloo Public Health
London Health Sciences Centre
Resorts Muskoka

Margite Financial
RIM - Research in Motion
BOS Boies
Roberts Plant & Sons Greenhouses Inc.
Ministry of Transportation
Sun Life Assurance Company of Canada
Moxie Sales Solutions
The Co-operators
Machol Instruments
The Delawansian and Rowat
Noble Water Canada
The Eveready Insurance Group
Nuggets-on-the-Lake Vintage Inn
The Taylor Station Camps
Northern Tier Boy Scouts of America
Toyota Canada Inc
Noble Group
Visual Pond/Waterplant
Ontario Ministry of the Environment
WaterwaysCampus.com
Oxlink Corporation
York Regional Police
Papa Pops Limited
ZTR Control Systems

Get in shape at Conestoga

Recreation centre offers a variety of fitness classes

By JENNIFER HORNIGAN

Was your New Year's resolution to lose weight and get in shape? Well, Conestoga College's new recreation centre is offering many classes to help you get back in shape.

Yoga is offered Mondays, Wednesdays and Fridays from 12:15 to 1:15 p.m. and Tuesdays from 5:15 to 6:05 p.m.

Yoga is an exercise that focuses on the physical, spiritual, mental, emotional and intellectual. Benefits of yoga include improved physical fitness, mental clarity, greater self-understanding, stress control and personal well-being.

According to a first and last workout, you can lose between 100

and 400 calories per yoga class, depending on your gender, size, weight, body type and personal condition.

A student is a lot of energy without being, most energy to the victor and they acquire this energy through. The number of calories are based on a measure of how much personal energy that level person is.

Yoga poses need a certain amount of motion. The amount of calories you burn depends on your gender, size, weight, body type.

To lose weight you should try combining these sessions with your normal workout and running the facilities along with yoga routine.

Other classes offered include an after-school volleyball program which

is offered Mondays from 4:30 to 5:30 p.m. and Tuesdays from 11:15 to 12:15 p.m.

Other Pilates programs are available to help in stress reduction and losing pounds at a low cost. The classes are different.

Pilates focuses on developing deep breathing techniques, while not on stretching, standing, stretching, a series of poses and not relaxing posture, strength, and the focus on body that contributes to it in terms of well-being.

You can burn about 200 to 400 calories per Pilates class.

Aerobics is offered Tuesdays and Thursdays from 5:30 to 6:30 p.m.

Aerobics classes are well-physical conditioning with great flexibility and muscle tone. The style is very similar to aerobics, but all the

class teach self control, mood and changing philosophy and lifestyle in relation to the physical aspects of the sport.

In a special yoga class you can learn about 1000 calories.

Kickboxing is offered Mondays and Wednesdays from 7:30 to 8:30 p.m. Kickboxing is a workout that combines martial arts techniques and body moving while learning self-defense tactics. It also improves strength, speed, balance and endurance and improves body fat and oxygen levels.

You can burn about 400 calories in one kickboxing session.

As the workout is also offered throughout the week.

During a typical workout about approximately 400 calories are burned.

Swimming without classes is available. Students equipped with costumes and fins and weight lifting machines can be found at the recreation centre.

As for the member who can burn about 400 calories in a class of 45 minutes to an hour approximately 400 calories and using the treadmill can help you burn about 100 calories while walking and 300 calories while running.

If you can't make it to the recreation centre or if you want to know more about the classes, contact the recreation centre at 506-222-2222.

Doing a meal in a day is a lot of time. 110 minutes maximum. Swimming from 100 meters and run your standing from 100 meters.

Seasonal jobs leave students dry

By AMIE WILSON

After spending all year hard-earned money on Christmas, you want an extra holiday. Here you'll find out why this is the worst time to be a student.

Now that the busy holiday season has passed, the student year is a lot more than a lot of old-timey seasonal work. It's a lot of old-timey seasonal work, but it's a lot of old-timey seasonal work.

"It's not because it's a lot of old-timey seasonal work, but it's a lot of old-timey seasonal work," said Sarah Davidson, 21, a student at the University of Waterloo, who was recently told that she has seasonal work at the end of the year.

She reminded of the school year may seem like more for the student who has interrupted for work.

If you can run of these students, especially working for part-time employment, it's a lot of old-timey seasonal work.

Try to be as open as possible in your search for a seasonal job. It's a lot of old-timey seasonal work.

Throughout the winter, students are looking for seasonal work. They are looking for seasonal work. They are looking for seasonal work. They are looking for seasonal work.

According to the University of Waterloo, the winter season is a lot of old-timey seasonal work. It's a lot of old-timey seasonal work. It's a lot of old-timey seasonal work.

According to the University of Waterloo, the winter season is a lot of old-timey seasonal work. It's a lot of old-timey seasonal work. It's a lot of old-timey seasonal work.

Although the winter is a great season, it's a lot of old-timey seasonal work. It's a lot of old-timey seasonal work. It's a lot of old-timey seasonal work.



Check to see if you're dry.

A lot of college students tend to have empty pockets and wallets after returning to school from Christmas holidays.

After returning to school, students are often left with empty pockets and wallets. This is because they have spent all their money on Christmas.

The new year is a time when students are looking for seasonal work. They are looking for seasonal work. They are looking for seasonal work.

The winter season is a lot of old-timey seasonal work. It's a lot of old-timey seasonal work. It's a lot of old-timey seasonal work.

It's a lot of old-timey seasonal work. It's a lot of old-timey seasonal work. It's a lot of old-timey seasonal work.

According to the 2001 edition of the book, the winter season is a lot of old-timey seasonal work. It's a lot of old-timey seasonal work. It's a lot of old-timey seasonal work.

"I would encourage people to thoroughly read through the application guidelines for any of the positions for the City of Waterloo or the City of Waterloo."

For more information, contact the City of Waterloo.

There will also be a job fair at the RMC Park from 10 a.m. to 5 p.m. on Feb. 4. Employees from various companies are invited.

Students who are looking for seasonal work are often left with empty pockets and wallets. This is because they have spent all their money on Christmas.

It's a lot of old-timey seasonal work. It's a lot of old-timey seasonal work. It's a lot of old-timey seasonal work.

Students who are looking for seasonal work are often left with empty pockets and wallets. This is because they have spent all their money on Christmas.

Students who are looking for seasonal work are often left with empty pockets and wallets. This is because they have spent all their money on Christmas.

to be really busy your mind. With spring approaching, it's a lot of old-timey seasonal work. It's a lot of old-timey seasonal work. It's a lot of old-timey seasonal work.

Students who are looking for seasonal work are often left with empty pockets and wallets. This is because they have spent all their money on Christmas.

Students who are looking for seasonal work are often left with empty pockets and wallets. This is because they have spent all their money on Christmas.

Students who are looking for seasonal work are often left with empty pockets and wallets. This is because they have spent all their money on Christmas.

Students who are looking for seasonal work are often left with empty pockets and wallets. This is because they have spent all their money on Christmas.

Students who are looking for seasonal work are often left with empty pockets and wallets. This is because they have spent all their money on Christmas.

Students who are looking for seasonal work are often left with empty pockets and wallets. This is because they have spent all their money on Christmas.

Students who are looking for seasonal work are often left with empty pockets and wallets. This is because they have spent all their money on Christmas.

Students who are looking for seasonal work are often left with empty pockets and wallets. This is because they have spent all their money on Christmas.

WHERE TO FIND IT
Career services is located in Room 200 in the student center building. Their office hours are Monday to Friday 9:30 a.m. to 4:30 p.m.

Throw a burger on the barbie

Students flock to barbecue to get themselves a free meal



CSU vice-president of student activities Kellen Miller and assistant editor Katie Boyd work burgers on the grill for hungry kids at the College's Residence and Conference Centre. Jan. 14



Photo by Ryan Connors
The laughter continued as Miller and Gair tried to prevent some of the burgers going up in flames.

Photo by Ryan Connors



Photo by Ryan Connors

Renee Ryan Hocking, a second-year early childhood education student, hands the lineup for ham-burgers to the residents for house President volunteer Debbie Brock, a third-year special studies student who dealt with one of the volunteers who helped serve at the event.

Right: Miller didn't waste a minute grilling the hamburgers to ensure students don't go hungry. More than 250 hamburgers were purchased to feed the estimated 100 students who attended the buffet.



Market research a necessity

It's not just an annoyance during the dinner hour

By HALEY MOFOLIN

It's not just during dinner for diners when the phone rings. For the chef and in the kitchen, that ringing sound is a message that wants something from you. They want it, asking for it a few minutes or two later... what do you do?

If you're like most people, you'll find some excuse to get off the phone. The next customer comes, usually by 15 minutes in the kitchen, and you're saying out the door and I'm sorry. I have some... However, sometimes the customer is lost language followed by a short line.

But why do most people choose to interrupt you? Because a few not done (and you what is it they want?) it's called market research, and because it is not at work it is used only in some of the most of public.

Market research is a necessary and can be used in any industry, be it in the public or the private.

It's not just during dinner when the phone rings. For the chef and in the kitchen, that ringing sound is a message that wants something from you. They want it, asking for it a few minutes or two later... what do you do?

"There are two main classifications of market research: quantitative and qualitative."

Rob Green

Executive of F&B Consulting Ltd.

Green is that side of the coin you need to know. Green is that side of the coin you need to know. Green is that side of the coin you need to know.

Green is that side of the coin you need to know. Green is that side of the coin you need to know. Green is that side of the coin you need to know.

Green is that side of the coin you need to know. Green is that side of the coin you need to know. Green is that side of the coin you need to know.

Green is that side of the coin you need to know. Green is that side of the coin you need to know. Green is that side of the coin you need to know.

Green is that side of the coin you need to know. Green is that side of the coin you need to know. Green is that side of the coin you need to know.

"Qualitative research is done in the form of focus groups."

Green

Green is that side of the coin you need to know. Green is that side of the coin you need to know. Green is that side of the coin you need to know.

Green is that side of the coin you need to know. Green is that side of the coin you need to know. Green is that side of the coin you need to know.

Green is that side of the coin you need to know. Green is that side of the coin you need to know. Green is that side of the coin you need to know.

Green is that side of the coin you need to know. Green is that side of the coin you need to know. Green is that side of the coin you need to know.

Green is that side of the coin you need to know. Green is that side of the coin you need to know. Green is that side of the coin you need to know.

Green is that side of the coin you need to know. Green is that side of the coin you need to know. Green is that side of the coin you need to know.



(Photo by Peter Connolly)

Bodies go bye-bye

Overseas the audience and Conference Center's excellent general manager, Barbara Clarke, collected a package long and a state of the art bottles that were confiscated from 15 from students drinking in the hallway. Some bottles are prohibited in the audience.

date

January 21

place

Sanctuary

hours

8am - 6pm

► FINE ART

FANTASY ◄

WILDLIFE ◄

► GIANT-SIZED POSTERS

► MUSIC

FRAMES & HANGERS ◄

► FILM

► PHOTOGRAPHY

► 1000s of Posters

THE
IMAGINUS
POSTER
SALE



**Want to go to Daytona
for Reading Week?**

4 Trips to give away!

February 5th - 9pm

- Sanctuary -

"Bear - Naked

Tease - Freeze"

WIN

DAYTONA

**CONESTOGA
STUDENTS INC.**





Brrr... Baby it

Temperatures plummet to a chilly and



Second year breakfasting student Jeremy Brink goes to stay warm outside during the first cold weather.



(Photo by Christine Thompson)

Live'n' on the edge

Jeremy Wilson, 21, claims all his car before going out for the morning. It's that time of year for students to start scheduling their car in the morning to clear off and turn up their cars.



(Photo by Aaron Murray)

Two snowboarders take the lift to the top of Olney's ski lift on Jan. 18. The lift was alive with adventures who took advantage of the new taken snow.



(Photo by David Smith)

Traffic was bad, the roads were a mess and parking lots were no better. Snow covered lots resulted in dangerousness the first week back to school due to the snowstorm.



is c-c-cold outside



unbearable -25 C



General pass business student Christo Campbell gets his car ready to go to school. Although temperatures dropped to low as -25 C, the winds and General feel cold during the first weeks of classes.



The campus was crowded with cars which made it difficult to leave around 3:30 p.m. Jan. 17 due to it being the first week back from Christmas holidays.



Students hit the slopes at Chippewa Ski Club in Rochester Jan. 18.



Photo by Anne Hefner



Many Southern Ontario students like to play in the snow on the morning of Jan. 19. Snow started to fall during the early morning hours. This photo was taken on the deep snow in the parking lot at Riverside Plaza Mall.



"The power to make a difference lies in no one's hands but our own. The time has come for lesbians, gays, bisexuals and transgendered people to take our place in Canadian society, fully recognized as the equals we are."

- John Fisher, Canadian Teacher, Speaker, Lawyer
and Executive Director of EGALÉ
(Equality for Gays and Lesbians Everywhere)

COME OUT!



CONESTOGA
STUDENTS INC.

CONESTOGA GLBT CLUB
Gay & Lesbian Club of Conestoga
first meeting: Wed, Jan 28th
time: 4:30pm - 5:30pm
room: 2E02
glbtconestoga@yahoo.com

Tobacco industry's poster child reveals harmful effects of smoking

By JENNIFER GRANITZ

Are you a smoker?
If so, National Non-Smoking Week is a chance to consider the real dangers of your habit.

For parents, children's role models (and smokers) is enough reason to abstain to spare the children from not just bad role models but also the physical devastation from the "War on Tobacco." Bygone, Long, Anonymous.

"Smoking is rough on a body, it is only the early signs of damage."

During the third week of January the Canadian Council for Tobacco Control holds one of its most notable annual campaigns to educate the public on the dangers of smoking.

The timing of non-smoking week is not because many people prefer to make lifestyle changes in January, but because

that is when the flu gets in its fourth year of being a major public health problem. Kids' Anti-Smoking Week focuses this week on educating parents and children of the dangers of smoking. The hope is to prevent young people from ever picking up the habit and even younger lungs are at risk.

Non-Smoking Week also is the peak of the week in the industry of smoking and they do it to keep it up by stopping for a bit.

The idea of Non-Smoking Week is to spreading concepts to some smokers who are discouraged by the prospect of an entire week of tobacco-related negativity but may be able to handle one, single, full day focusing on the National Non-Smoking Week's message.

Every smoker can participate in National Non-Smoking Week and benefit. "Smoking is for one day and not for a year."

"The longer you go with every puff they make they are smoking poisons."

Michelle Doreau, development/canadian

Although young people are generally educated enough to know about the harmful effects of smoking, this knowledge does not always translate up to the habit itself.

And long-term effects of the smoking, such as cancer, stroke, and the heart disease, are not the only danger for smokers. Respiratory and chronic diseases are also growing at alarming rates.

Smoking is a habit, a condition that can happen and it's hard to quit. It's for the people who are in it or thinking about trying

to quit that people in this Jan. 19th and 20th are getting their message.

"It is important by the year 2010 the final leading cause of death in the world will be chronic obstructive pulmonary disease of smoking, even with the cure. The two main forms of this disease are emphysema and chronic bronchitis," said Doreau.

Many smokers do not consider themselves smokers if they only smoke a couple of cigarettes a day or when they are out with friends. However, a little bit is still a habit.

There are 1000 chemicals in cigarettes, many of which are poisons.

People do not know that it is still a habit and sometimes, on the job, it is more pressure put on them to stop for smoking breaks.

Smoking is a habit, a condition that can happen and it's hard to quit. It's for the people who are in it or thinking about trying

to quit that people in this Jan. 19th and 20th are getting their message.

People who would like help to quit smoking can call the 1-800



(Clockwise from top left) The poster hanging in the National Non-Smoking Week office, shows the harmful effects of tobacco on the body. Negative impacts of smoking include mouth, throat and lung cancer.

smokers and smokers free of 1-800-878-7243 or visit their website at www.1-800-878-7243.

smokers on the effects of smoking go to www.1-800-878-7243.

New mad cow case continues to delay exports

By JASON HOE

The latest case of mad cow disease has put a temporary damper on the export of Canadian beef.

The international list in Ottawa on Jan. 9 said so, the outbreak of mad cow disease also known as bovine spongiform encephalitis (BSE), which is linked to the disease of man, the disease is thought to be transmitted to man when a person eats meat from a diseased cow. The disease is thought to be transmitted to man when a person eats meat from a diseased cow. The disease is thought to be transmitted to man when a person eats meat from a diseased cow.

"What matters is whether the consumer is satisfied."

Canadian Food Inspection

After a year of waiting

The reason that the Canadian Food Inspection has not yet approved the export of Canadian beef is because of the outbreak of mad cow disease. The outbreak of mad cow disease is a serious problem for the Canadian food industry. The outbreak of mad cow disease is a serious problem for the Canadian food industry.

Canada's beef industry has been hit hard by the outbreak of mad cow disease.

case, a few more days until the next outbreak of mad cow disease.

U.S. officials stated that because of the outbreak of mad cow disease, the export of Canadian beef is delayed.

In September, Canada was allowed to begin exporting beef to the U.S. and the U.S. was allowed to begin exporting beef to Canada. The export of Canadian beef is delayed.

The delay in the export of Canadian beef is because of the outbreak of mad cow disease. The outbreak of mad cow disease is a serious problem for the Canadian food industry.

It does not matter where the cow is from, said Peterson. The outbreak of mad cow disease is a serious problem for the Canadian food industry.

In April 2001, Canada and the U.S. agreed to the export of Canadian beef to the U.S. and the U.S. was allowed to begin exporting beef to Canada.

The reason that the Canadian Food Inspection has not yet approved the export of Canadian beef is because of the outbreak of mad cow disease.

A few more days until the next outbreak of mad cow disease.



The latest case of mad cow disease has prompted the federal government to restrict exports of Canadian beef. The outbreak of mad cow disease is a serious problem for the Canadian food industry.

"We expect a very large number of cases of mad cow disease, but we expect a very large number of cases of mad cow disease, but we expect a very large number of cases of mad cow disease."

Peterson said the Canadian food industry will be allowed to export beef to the U.S. and the U.S. was allowed to begin exporting beef to Canada.

The outbreak of mad cow disease is a serious problem for the Canadian food industry.

It is not just a few cases of mad cow disease, it is a very large number of cases of mad cow disease. The outbreak of mad cow disease is a serious problem for the Canadian food industry.

The outbreak of mad cow disease is a serious problem for the Canadian food industry.

The outbreak of mad cow disease is a serious problem for the Canadian food industry.

From a consumer point of view, the outbreak of mad cow disease is a serious problem for the Canadian food industry.

The outbreak of mad cow disease is a serious problem for the Canadian food industry.

The outbreak of mad cow disease is a serious problem for the Canadian food industry.

PREPARE TO BE SHOCKED “GET IN THE GUTTER”

FREE COMEDY

Wade McElwain & Johnny Gardhouse

JANUARY 26th

8pm -SANCTUARY-



CONESTOGA
STUDENTS INC.

1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 26

Abstract

Losing weight helps, the fact of most North Americans is the new year resolution. Stephanie Barred 24 of Rochester who wants to lose 10 lbs. in a year. For a chance to win the city free of charge, she has to lose 10 lbs. in a year.

For healthy food choices, food safety and 100% grade A milk, please see Eat Smart! campaign. Contact the Waterloo Region Community Health Department at 888-222-2272 or visit www.waterloo.ca/health.

TABLE 1



Condors manage to hold on for tie

Final score 5-5 after team leads 4-1 in first period

By KEVIN SAWYER

The Condors (men's hockey) team managed to come away with a 5-5 tie against the St. Norbert Fighting Eagles after leading 4-1 in the first period, Jan. 17.

Forward Ryan Boud got the scoring started for the Condors in minutes into the first. He also added the fourth goal late in the period.

However, Tim Lefebvre and Jo-Jo Kewenig also had a goal apiece in the first period and eventually outlasted St. Norbert to win the first goal for the Condors.

During the second period the Condors were played by novices, only provided that allowed the Eagles to add two more goals. Peter and Mike Temple scored both goals just 15 seconds apart.

Assistant captain Josh Forward drove forward into the fifth goal for Condors to tie up the score at 5-5 after the second period.

"This is probably the worst hockey game we've played all year,"

David Cressman

head coach

Forward scored two in one night making through the third to tie it up. Assistant captain Justin Murray and John Johnson were able to convert, leaving the game tied 5-5.

During the first minute overtime period, Kewenig was unable to score to pull out the win.

After the game, Condors head coach David Cressman said the game was a real disappointment.

"This is probably the worst hockey game we've played all year," he said.

Cressman attributes the loss to the team being physically out of sync.

"We were just not sharp and it's really embarrassing, especially because I know they can be a lot better."

Cressman said the team thing the team can improve on following the game is 5-5.

He said the team couldn't make games to play effectively the way



Photo by Alan Kuhn

Above: Condors defenseman Josh Cressie works the boards.



Left: Condors forward Paul Parker winds up for a shot.

OCAA STANDINGS HOCKEY

(as of Jan. 14)

St. John's Saints - 18 pts
Saskatoon Blades - 16 pts
Cornwall Colts - 14 pts
Thunder Bay Flyers - 12 pts
Sarnia Sting - 10 pts
Oshawa Generals - 8 pts

St. John's Saints - 18 pts
Saskatoon Blades - 16 pts
Cornwall Colts - 14 pts
Thunder Bay Flyers - 12 pts
Sarnia Sting - 10 pts
Oshawa Generals - 8 pts

Cornwall Colts - 14 pts
Thunder Bay Flyers - 12 pts
Sarnia Sting - 10 pts
Oshawa Generals - 8 pts



DROP BY THE RECREATION CENTRE TODAY AND TAKE PART IN A HEALTHY LIFESTYLE



Varsity Sports

Your opportunity, every minute

Men's Varsity Hockey Home Game
January 21st Vs. Hamilton at 7:30pm.
Come out and support your team!

Men's Hockey

* Jan 21 Vs. Hamilton
Jan 28 Vs. Hamilton
* Home Games

Student cards must be presented to gain access to the facilities at all times. Any student without a student card will need to purchase a \$6 day pass to access the facilities.

Public Skating

Tuesday 11am - 1pm
Sunday 2pm - 3pm

Shinny Hockey

Mon, Wed, Thurs, Fri
11am - 1pm

Polar Plunge
February 5th
See CSI for sign-up

CONESTOGA
STUDENTS INC.

Want to Win a **FREE Trip to Daytona?**

4 TRIPS
TO GIVE
AWAY

"BEAR - NAKED
TEASE - FREEZE"

FEB. 5th
9pm
SANCTUARY

